

MH19JH569

# **NATIVE AMERICAN WOMEN'S HEALTH EDUCATION RESOURCE CENTER**

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## **YOUR GUIDE TO SAYING "NO"**



This is an exercise to learn how to say **NO** when you do not want to have sex with someone who is pressuring you. Going all the way is your personal choice . If you do not want to, no one should pressure you into doing something you feel is not right. If you have sex to please others and do not feel good about yourself, it creates feelings of confusion and low self-esteem.

It is better to tell the truth than to make up an excuse. When you are saying **NO**, show that you mean it. Use a clear and loud voice, if necessary! Do not feel as though you have to apologize, your feeling are important, just as much as your body! Say **NO** as soon as possible, delaying only makes it harder. Be direct! Be firm! Be calm! Be honest and be brief!

**READ HOW TEENS JUST LIKE YOU SAY NO!**

**Everyone is doing it!**

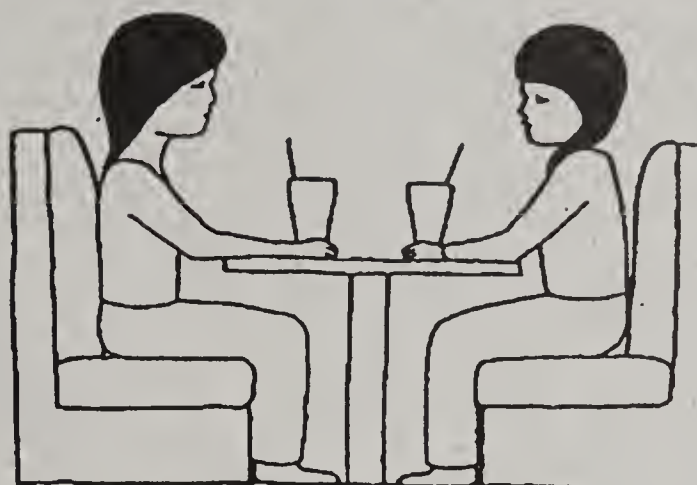
**No! That's not true, I'm not!**



**BE CALM! BE DIRECT! BE FIRM! BE HONEST! BE BRIEF!**



**You would if you loved me.**



**No! If you loved me, you wouldn't pressure me!**

**I can make you feel like a  
real woman.**

**No, I'm already a woman without  
your help.**



**SAY IT AS SOON AS POSSIBLE!**





You need a real man to make  
you feel good.



I feel good about myself  
making my own decisions.

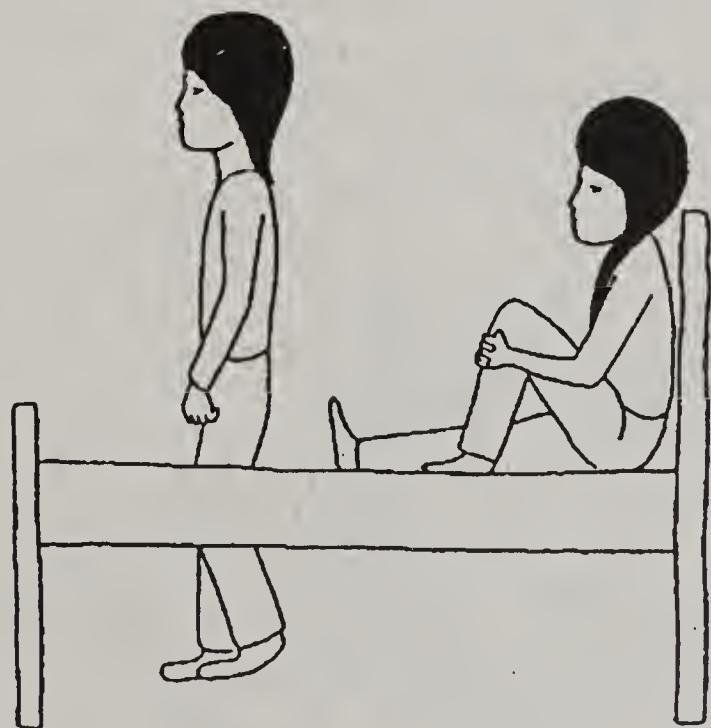
I'll only go in a little.

No thanks, but no thanks!

You can't get pregnant the  
first time.

Yes you can.

It's my body and my  
health, no!



**DON'T MAKE UP REASONS OR APOLOGIZE!**





**I want you to have my baby!**

**No, I don't want a baby now!**



**If you don't, I'm leaving.**

**If that's all you want,  
then leave!**

**I can make you feel so good.**

**No Thanks!**

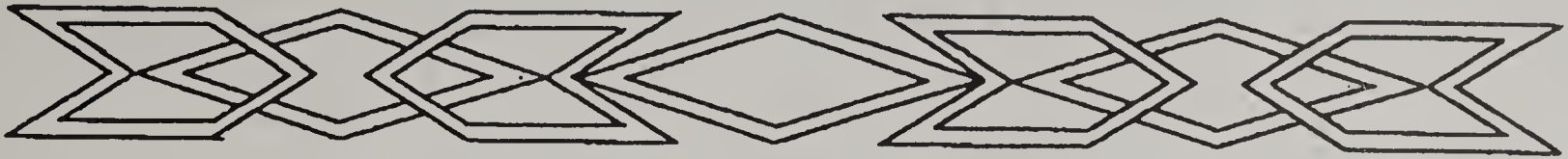


**I've been in jail a long time.**

**That's too bad, but it's not a  
reason for me to be with you!**

**USE A CLEAR LOUD VOICE!**





Now it is your turn. Your teacher or group leader will pair you off with another person in your group of the opposite sex and the two of you will practice both of the parts below. When you hear what someone might say, you answer with the "No" answer beside it. Let's try it.

What someone might say:

1. Everyone is doing it.
2. You would, if you love me.

How you can say NO:

1. No, not true, I'm not!
2. No! If you loved me, you wouldn't pressure me.

3. If you don't, I'm leaving.

4. I want you to have my baby.

5. I'll only go in a little.

6. I can pull out in time.

7. You can't get pregnant the first time.

8. I can make you feel like a woman.

9. I can make you feel so good.

10. You need a real man to make you feel good!

11. I've been in jail for a long time.

12. Why do you say no?

3. No! If that's all you want, then leave.

4. No! I don't want a baby now.

5. No! Thanks, but no thanks!

6. No! Quit bothering me!

7. Yes, you can. It's my body and my health, No!

8. No! I'm already a woman without your help.

9. No thanks!

10. I feel good about myself making my own decisions.

11. That's too bad, but it's not a reason for me to be with you.

12. It's my right to say no, any time I want to even if I said yes before.

**SHOW YOU MEAN IT!**



WHAT IS THE NATIVE AMERICAN WOMEN'S  
HEALTH EDUCATION RESOURCE CENTER?



The Resource Center offers Health Education information and activities to all women regardless of age: The Resource Center provides a facility in which women can organize around issues of concern, social change, and consciousness raising activities.

The Resource Center is a safe place for women to share feelings, ideas, work and energy.

ACTIVITIES & HEALTH EDUCATION INFORMATION INCLUDE:

FETAL ALCOHOL SYNDROME AWARENESS  
FAMILY PLANNING EDUCATION  
AIDS AWARENESS EDUCATION  
SEXUALLY TRANSMITTED DISEASE EDUCATION  
NUTRITIONAL EDUCATION  
OB-GYN SELF-HELP/MENOPAUSE AWARENESS  
ADULT LEARNING PROGRAM  
CHILD DEVELOPMENT  
SELF-HELP GROUPS  
DOMESTIC VIOLENCE ASSISTANCE  
ADVOCACY WORK & OUTREACH  
COMMUNITY ORGANIZATION

CONFIDENTIALITY IS A PRIORITY, TRUST IS EARNED.  
THE PERSONAL INFORMATION WE SHARE HERE, STAYS HERE!